

the Recreater

Recreation, Sports & Leisure Brochure



YOUTH

Art

ABRAKADOODLE! DOODLERS

Abrakadoodle Doodlers develop new skills and talents while designing unique creations using a variety of wonderful materials and tools. Each lesson focuses upon developing skills, learning techniques and expanding knowledge. The methods and styles of contemporary and master artists specializing in paint, sculpture, design and more are incorporated into each class. Curriculum based and fun! Protective aprons provided. \$28 material fee due at first class.

6-12 yrs / 6 wks / \$75

(\$28 material fee)

Urbana Elementary

16421 Wed, 11/7 5:30-6:25 pm

KIDZART

KidzArt is a drawing based educational program proven to build self confidence through artistic expression in a fun and positive environment. Engaging curriculum amps up the fun and creativity keeping students eager to learn new skills and practice new techniques. We use artist quality media; PRISMACOLOR materials, acrylics, professional chalks, and more. Please bring \$30 supply fee to first class.

5-10 yrs / 6 wks / \$55

(\$30 material fee)

Tuscarora Rec Center

16442 Mon, 11/12 3:30-4:30 pm

Centerville Rec Center

16425 Wed, 11/7 4:00-5:00 pm

16426 Wed, 11/7 5:15-6:15 pm

16427 Sat, 11/10 1:15-2:15 pm

Urbana Elementary School

16435 Tue, 11/13 4:00-5:00 pm

16436 Tue, 11/13 5:15-6:15 pm

TWEENZART

TweenzArt is the next step for students to learn from a customized fun curriculum that promotes and challenges independent creative thinking and designs. Students experience exciting projects using many professional media, styles and techniques. We provide top quality artistic media; PRISMA COLOR materials, acrylics, professional chalks, and more. Please bring \$40 supply fee to the first class.

10-15 yrs / 6 wks / \$55

(\$40 material fee)

Centerville Rec Center

16440 Sat, 11/10 Noon-1:00 pm

Basketball

NEW! BASKETBALL PREP (L-1)

This program is geared toward children who have not played basketball yet or are just beginning. Children will learn basic fundamentals of basketball including gross motor skills associated with basketball. Children will play fun, small-sided games to help reinforce the skills they have learned.

5-6 yrs/ 5 wks/ \$29

Centerville Rec Center

16065 Mon, 11/5 4:30-5:15 pm

Tuscarora Rec Center

16071 Wed, 11/7 4:30-5:15 pm



NEW! BASKETBALL PREP (L-2)

Children will review the skills associated with basketball and move into a games based approach, focusing on intermediate skill development, game rules, more drills, and small-sided games to prepare them for league play.

6-8 yrs/ 5 wks/ \$29

Centerville Rec Center

16081 Mon, 11/5 5:30-6:15 pm

Tuscarora Rec Center

16087 Wed, 11/7 5:30-6:15 pm

Discovery

JUNIOR MECHANICAL ENGINEERING

The Junior Mechanical Engineering classes introduce our youngest engineers to fundamental concepts of energy, materials, and movement. Through open and focused exploration, students explore and construct their own roller coasters, catapults, cars, and more. Please bring \$20.00 supply fee to first class.

5-7 yrs/ 6 wks/ \$120

Centerville Rec Center

16596 Fri, 11/2 4:30-5:30 pm

Flag Football

NEW! FLAG FOOTBALL PREP (L- 1)

This program is geared toward children who have not played flag football yet or are just beginning. Children will learn basic fundamentals of flag football. In this program children will learn gross motor skills associated with flag football. Children will play fun, small-sided games to help reinforce the skills they have learned.

5-6 yrs/ 5 wks/ \$29

Centerville Rec Center

16113 Wed, 11/7 4:30-5:15 pm

Winter Indoor Soccer League

While its cold outside, practice your skills indoors. Boys and girls can have fun playing co-ed recreational soccer indoors while learning basic skills. The Division of Parks and Recreation will form teams. Sneakers and shin guards required to participate. This is a six game program. Game times vary from week to week on scheduled day. Volunteer coaches are needed. Registration Deadline is Friday, January 13th.

Centerville Rec Center

Player: **4-5 yrs/ 6 games/ \$50**

16212 Sun, 1/20 12:30-4:30 pm

Head Coaches' Child: **4-5 yrs/ 6 games/ \$30**

16213 Sun, 1/20 12:30-4:30 pm

Tuscarora Rec Center

Player: **6-8 yrs/ 6 games/ \$50**

16214 Sun, 1/20 1:30-5:30 pm

Head Coaches' Child: **6-8 yrs/ 6 games/ \$30**

16215 Sun, 1/20 1:30-5:30 pm

NEW! FLAG FOOTBALL PREP (L-2)

Children will review the skills associated with flag football and move into a games based approach, focusing on intermediate skill development, game rules, more drills, and small-sided games to prepare them for league play.

6-8 yrs/ 5 wks/ \$29

Centerville Rec Center

16121 Wed, 11/7 5:30-6:15 pm

Etiquette

TABLE MANNERS WITH CERTIFIED ETIQUETTE INSTRUCTOR

Just in time for the holidays! Come join us for a unique dining experience and learn everyday dining skills along with manners needed in restaurants.

Children will learn different styles of dining, how to properly set the table, napkin placement, how to correctly pass food, handle utensils. Children will be given the opportunity to practice the skills they have learned by eating!

8-14 yrs / 1 day / \$35

Centerville Rec Center

16474 Sat, 11/17 4:00-6:00 pm



MANNERS CAN BE FUN

Good manners and behaviors start at a young age and last a lifetime. This interactive class will teach children about being a good host and guest, telephone manners, greetings and shaking hands, using eye contact, gift giving/receiving, behavior in public places, showing respect and so much more. We will learn table manners and table setting too. Learn how to WOW parents and teachers in this fun filled class!

5-8 yrs / 4 wks / \$65

Centerville Rec Center

16477 Tue, 11/20 5:00-6:00 pm

Soccer

SOCCER PREP (L-1)

This program is geared toward children who have not played soccer yet or are just beginning. Children will learn basic fundamentals of soccer. During this program children will learn gross motor skills associated with soccer. Children will play fun, small-sided games to help reinforce the skills they have learned.

5-6 yrs/ 5 wks/ \$29

Tuscarora Rec Center

16185 Mon, 11/5 4:30-5:15 pm

Centerville Rec Center

16195 Fri, 11/9 4:30-5:15 pm

SOCCER PREP (L-2)

Children will review the skills associated with soccer and move into a games based approach, focusing on intermediate skill development, game rules, more drills, and small-sided games to prepare them for league play.

6-8 yrs/ 5 wks/ \$29

Tuscarora Rec Center

16197 Mon, 11/5 5:30-6:15 pm

Centerville Rec Center

16592 Fri, 11/9 5:30-6:15 pm

Saturday, December 15th

Come and visit with Santa and enjoy cookie decorating, and crafts with Santa!

Saturday

December 15, 2012

Cost: \$5

2-10 years

Ballenger Community Building

16061 10:00 am - Noon



Visit WITH SANTA

PRESCHOOL

Art

MINI DOODLERS

Mini Doodlers create a new framed masterpiece each week with a wide variety of non toxic high quality materials and develop techniques, school readiness including motor skills, ability to listen and follow directions, cognitive skills, language and more in an enchanting environment that develops individual creativity. Kids learn about master and contemporary artists as well as cultural art and vocabulary. Protective aprons provided for all children. \$28 material fee due at first class.

3-5 yrs / 6 wks / \$75

(\$28 material fee)

Ballenger Community Building

16321 Wed, 11/7 10:00-10:45 am

Urbana Elementary

16320 Wed, 11/7 4:30-5:15 pm

TWOOSY DOODLER

This special adult/child class is often the first educational program. Twoosys have fun creating unique art while developing fine motor skills, hand eye coordination, creativity, readiness skills, confidence, ability to play with others and imaginative thinking. Non toxic materials are used as children paint with tempera, water colors, oil and chalk pastels; we sculpt, stamp, cut, glue, learn colors, sing, hear stories, and more. Adults learn how to nurture creativity. Frames and aprons provided for all children. \$28 materials fee due at first class.

20-36 mos / 6 wks / \$75

(\$28 material fee)

Ballenger Community Building

16329 Wed, 11/7 11:00-11:35 am



KIDZART Pre-K

KidzArt Pre-K students have fun creating works of art using basic shapes and drawing techniques. Students will also share in an interactive story time and complete 2 fun projects, preschoolers learn to work with various safe media and materials to build self confidence through artistic expression. Please bring a \$35 supply fee to first class.

3-5 yrs / 6 wks / \$55

(\$35 material fee)

Tuscarora Rec Center

16352 Mon, 11/12 4:45-5:45 pm

Centerville Rec Center

16353 Sat, 11/10 2:30-3:30 pm

Dance

NEW! DANCE WITH ME

Come and experience an energetic and unique "Dance with Me" class. This 45 minute guardian participation class is designed for 18 month olds to 2 1/2 year olds and will focus on teaching the fundamentals of dance through fun action songs, rhythm and instrument play and creative movement. This class is fun for both the child and adult and will shape their musicality and increase their developing coordination.

18 mths-2.5 yrs / 6 wks / \$60

Ballenger Community Building

16483 Tue, 11/6 10:00-10:45 am

Movement

FUNFIT® FUNKY MONKEYS

Action packed and full of fun, kids will receive a heart-healthy workout without even knowing it. With loads of age-appropriate, non-competitive, active games such as tag, ball play, parachute and more. Kids learn to play by game rules, follow simple instructions, advance coordination and sport skills, as well as benefit from the social and cooperative aspects formed in team play. Participants will improve self confidence, coordination, muscle tone and function, socialization and cognitive development. Keep them growing strong and confident with Funfit®!

3-6 yrs / 6 wks / \$60

Centerville Rec Center

16365 Thu, 11/8 4:45-5:30 pm

FUNFIT®

Funfit® "where fitness is child's play" This fun-filled activity brings fitness to a whole new level. Using balls, chutes, instruments and more, you and your child will get a heart-healthy workout in a stress-free class. Kids will build self-confidence, socialization, coordination, balance, language and cognitive development. One adult must attend with child(ren), who must be walking.

1-2 yrs / 6 wks / \$60

Ballenger Community Building

16375 Mon, 11/5 9:30-10:15 am

Tuscarora Rec Center

16400 Wed, 11/7 4:45-5:30 pm

2-3 yrs / 6 wks / \$60

Ballenger Community Building

16385 Mon, 11/5 10:15-11:00 am

1-4 yrs / 6 wks / \$60

Ballenger Community Building

16378 Mon, 11/5 11:00-11:45 am

Centerville Rec Center

16372 Thu, 11/8 5:30-6:15 pm

16373 Thu, 11/8 6:15-7:00 pm

Tuscarora Rec Center

16382 Wed, 11/7 5:30-6:15 pm

ADULT

Fitness

TOTAL BODY FIT

This class will get your heart jumping and muscles pumping. Class will include low impact cardio exercises, muscle toning and abdominal exercises. This class is for any fitness level.

18+ yrs / 6 wks / \$55

Ballenger Community Building

15932 Thu, 11/1 7:00-8:00 pm

NEW! YOGA MIND, BODY & SPIRIT

Yoga is a form of exercise that uses practical exercises by blending them in user-friendly styles of stretches and flexibility, strength and balance in controlled movements which is easy to get into, understandable, and doable by individuals at any level of fitness. You will increase your flexibility, strength and balance. Taught by a Certified YogaFit Instructor.

12+ yrs / 6 wks / \$45

To the Point Dance Studio

16035 Mon, 11/5 6:30-7:30 pm

ZUMBA

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Join this program to achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements meant to engage and captivate for life!



14+ yrs/ 6 wks / \$30

NEW! Ballenger Community Building

15983 Thu, 11/1 6:00-7:00 pm

Centerville Rec Center

15992 Wed, 11/7 7:00-8:00 pm

15996 Sat, 11/10 7:45-8:45 am

NEW! To the Point Dance Studio

16005 Thu, 11/8 6:30-7:30 pm

Tuscarora Rec Center

16023 Sat, 11/3 7:45-8:45 am

16183 Wed, 11/7 6:45-7:45 pm

Men's Basketball League

All teams in this recreational league will play 6 regular season games and then compete in the championship tournament. Fee includes sanctioned officials, staff, equipment, facility rental, team championship and runner-up trophies and administration. Games will be held on Wednesday nights, at Tuscarora and Oakdale Rec Centers at various times each week depending on team schedule. Registration deadline is January 11, 2013.

18+ yrs/ 6 games/ see below

Tuscarora & Oakdale Rec Centers

Teams \$430 (register before Jan. 4, 2013)*

16489 Wed, 1/23 7:00-10:00 pm

Teams \$470 (register Jan. 5-11, 2013)

16490 Wed, 1/23 7:00-10:00 pm

Individuals \$45

16488 Wed, 1/23 7:00-10:00 pm

Frederick County Division of Parks and Recreation REGISTRATION FORM

Mail: FCDPR, 118 North Market St., Frederick, MD 21701 (Please make check payable to **Frederick County Treasurer**)

By Phone: 301-600-2936 **Fax:** 301-600-2595

Online: www.Recreator.com

Parent/Guardian Name (if participant is under 18 years of age) _____

Address _____ **City** _____ **State** _____ **Zip** _____

Home Phone _____ **Work/Cell Phone** _____ **E-mail** _____

Emergency Contact Name _____ **Emergency Phone** _____

Medical Conditions: Participant name: _____ Medical Condition: _____

Participant's Name	Gender	D.O.B.	Program Name	Program Code	Fee
		/ /			\$
		/ /			\$
Attach additional registrations on a separate piece of paper if necessary				TOTAL DUE	\$
Credit Card (Visa, MasterCard, Discover) Card # _____ Exp. Date _____				We will notify you only if there is a problem or a change in the program.	

Waiver of Liability: By my signature below, I acknowledge that there are inherent risks and dangers associated with recreation program/s and therefore, I hold the Board of County Commissioners of Frederick County (BoCC) harmless from all claims for injuries, damage, or loss which may result from me or my child's participation in the program/s listed above. Further, in compliance with Maryland HB 858 and SB 771, I hereby acknowledge that I understand the risks of concussions in sports and am aware of the concussion information which is found at www.recreator.com

Discipline Policy: I understand that the Division has a discipline policy for conduct in recreation programs and facilities. In the event that I/my child is asked to leave a program/facility, I understand that the registration fee will not be refunded to me.

Authorization for use of Photographic Likeness: I agree to allow Frederick County Parks and Recreation to take and utilize photos, slides, and video images of the above registered individual/s for the purpose of promotion and publicizing of the Division's programs and/or events. If I prefer to not allow the above registered individual/s to be photographed, I will call 301-600-1684 to register my request.

Signature _____ **Date** _____

Refund policy: If you want to withdraw from a program, call 301-600-2936. All requests for refunds must be made 2-weeks prior to the start of the program. A \$4 processing fee will be charged for each participant per program refunded. All refund requests must be approved by the Recreation Superintendent. Refunds will be issued according to the original method of payment, unless payment was made by cash, then a check will be issued.